

Please find below, Utah State Parks and Recreation news for January 12:

FOR IMMEDIATE RELEASE

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stateparks.utah.gov

- Freezin' for a Reason at Hyrum State Park
- Do the Cisco Disco at Bear Lake State Park
- Upcoming Utah State Parks Events

FREEZIN' FOR A REASON AT HYRUM STATE PARK

Hyrum -- Hyrum State Park hosts the 2010 Polar Plunge Saturday, January 16 at noon to benefit the Utah Special Olympics. Participants donate \$25 for the privilege of jumping into the icy water, all to benefit a great cause. Registration begins at 10 a.m.

More than 100 participants are currently registered, including a few Super Plungers who will jump every hour for 24 hours beginning at 1 p.m. Friday, January 15. Dress in a costume or come as you are! For more information, please visit sout.org.

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DO THE CISCO DISCO AT BEAR LAKE STATE PARK

Garden City – Do the Cisco Disco at Cisco Beach on the east side of Bear Lake Saturday, January 23 from 6 a.m. to 10 a.m. Cisco are small whitefish that make their annual run through Bear Lake. Dip a net into the water and catch your share.

After the Cisco Disco, drive to Garden City on the west side of Bear Lake for a variety of events. At noon, take an icy swim during the Bear Lake Monster Plunge at Bear Lake State Park Marina; from 2 to 4 p.m. visit Garden City Park and participate or cheer athletes in the cross country ski and snowshoe 5K races; or build or view designs at the snow sculpting contest. Enjoy all day ice skating (bring your own skates). Cocoa and snacks will be served. For additional information, visit www.bearlakechamber.com, www.bearlake.org or call 800-448-BEAR (2327).

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UPCOMING UTAH STATE PARKS EVENTS

January 21 Utah Field House of Natural History State Park Museum - Vernal Vegetation and Urban Watersheds: Join Dr. Nicholas Allmendinger, hydrologist at Utah State University - Uinta Basin Campus, for a lecture on vegetation and urban watersheds at 7 p.m. (435) 789-3799

January 23 Wasatch Mountain State Park - Midway

Homemade Birdfeeders: Join us from 10 to 11 a.m. at the visitor center to learn about backyard birds and ways to attract them to your yard through homemade bird feeders. Bring empty milk jugs, egg cartons, or soda bottles. (435) 654-1791

January 23 Jordanelle State Park - Heber

Avalanche Education: Join park staff and the Utah Avalanche Center from 1 to 3 p.m. at the Hailstone Event Center for a class on avalanche and snow safety. Due to the rising number of young avalanche victims, this class is geared toward families with junior high and high school-age children who spend time in the mountain settings.

(435) 649-9540

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